



## AUGUST ACTIVITIES

The following information was provided by the National Food Service Management Institute. For more information, call NFSMI at 1-800-321-3054.

# What's New From NFSMI?

Training materials, videos, fact sheets, workshops, research findings, technological advances and more....

### Customer Service Help Desk... Your Healthy Food Line

The purpose of the Customer Service Help Desk is to provide up-to-date, accurate and timely technical assistance regarding all aspects of the Healthy School Meals Program to school foodservice personnel utilizing "state of the art" avenues to the information highway.

Primary focus of the technical assistance provided include:

- nutrition requirements/nutrient analysis
- menu planning
- procurement
- financial management
- marketing
- food production
- program management
- equipment

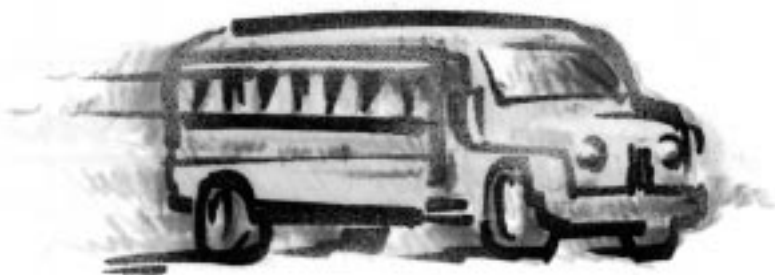
Two full-time school meals specialists are available to provide information, discuss possible solutions, and answer questions. The Help Desk may be accessed by toll-free phone (1-800-YHF-LINE...Your Healthy Food Line), e-mail, (yhflne@sunset.backbone.olemiss.edu) Fax: (601) 232-1091, and future WEB page.

### CHOICE PLUS

**CHOICE PLUS: A Reference Guide for Foods and Ingredients**, was prepared by the NFSMI through a cooperative agreement with USDA. USDA has published this reference guide to meet schools' need for better food specifications, consistent with new nutritional goals and knowledge. It provides information that helps the program operator make informed decisions when purchasing products for use in school lunch and breakfast programs. The manual is available from NFSMI for \$10.00, shipping included.

### First Choice: A Purchasing Systems Workshop and Manual

The NFSMI, through a cooperative agreement with USDA presented "First Choice: A Purchasing Systems Workshop" in each of the seven USDA regions of the country for regional, state, and local child nutrition professionals.



The 200-page First Choice manual is designed for school purchasers interested in redesigning their purchasing methods. The detailed manual carefully explains methods and theories such as applying “critical path planning” (a materials movement plan used in the manufacturing industry) to the movement of food products; “just in time” (JIT) product movement strategies as applied in the school environment; innovative purchase systems; and the use of third party market research as a basis for cost. The Choice Plus manual is a food and ingredient reference guide for school purchasers to assist in developing food descriptions.

The Help Desk staff at NFSMI, along with a contact from each regional office, coordinated each workshop. More than 350 participants attended the workshops. Evaluations indicate that the workshops were a great success. The staff at Your Healthy Food Line (1-800-943-5463) will serve as follow-up contacts for questions dealing with implementation of the purchasing systems.

### **Culinary Techniques for Healthy School Meals**

Numerous train-the-trainer workshops for the Culinary Techniques for Healthy School Meals series have been conducted by the NFSMI. The project was funded by a USDA Team Nutrition grant awarded to the states of Florida, Kentucky, and Mississippi with additional funds from the states of Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee. All of these states are completing the state level of training the master trainer. The healthy food preparation practices demonstrated in the thirteen lesson series are designed to help the food service staff produce a menu that meets the Dietary Guidelines for Americans. The manager coach has an opportunity to instruct and guide the food service staff in the application of the principles presented in the lessons. Coaching involves presenting a short lesson, which includes a video demonstration, and the application of the lesson during regular meal production,

referred to as Culinary Practice. For more information about how you can have a Culinary Techniques for Healthy School Meals master trainer workshop or a coaching workshop for your schools, contact the NFSMI at 1-800-321-3054.

**Culinary Techniques for Health School Meals** is a 13-lesson training program for school food service assistants on food preparation techniques. Lesson titles are as follows:

- Introduction to Preparing Healthy School Meals
- Preparing Fruits
- Preparing Cooked Vegetables
- Preparing Salads
- Preparing Yeast Breads
- Preparing Quick Breads
- Preparing Pasta, Rice, and Grains
- Preparing Cakes
- Preparing Meat and Poultry
- Preparing Processed Meat Products
- Preparing Meat Alternate Main Dishes
- Preparing Sauces
- Seasonings for Healthy School Meals

The “train-the-trainer” concept was used in the instructional design with each lesson to be presented by the manager to the food service assistants. Each lesson contains written material for presentation as well as a video demonstration. The project was funded by a USDA Team Nutrition grant awarded to the states of Florida, Kentucky, and Mississippi with additional funds from the states of Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee. The project was developed under contract with NFSMI. The total training package includes four albums, seven video tapes, nine workbooks, and a certificate. The package is available from NFSMI for \$55.00 plus shipping.

## **Hands-on Team for Healthy School Meals**

The NFSMI is happy to announce a service for school food service personnel, Hands-on Team for Healthy School Meals. The service will involve NFSMI staff and a team of trained professionals who will visit participating schools to provide technical assistance in all aspects of menu planning. The on-site service, funded through a cooperative agreement with USDA, is a pilot project to provide hands-on assistance to schools of all sizes. A site visit will last from one to four days at no cost to the participating school or state. The overall project objective is to provide a mechanism for local school food authorities to receive technical assistance in implementation of the nutrition goals of the School Meals Initiative for Healthy Children.

The target audience will be menu planners in local school districts. During the two-year pilot project, NFSMI consultants plan to visit as least 100 schools around the country. Help will be provided in writing menus, using nutrient analysis programs, organizing and entering them into the computer, promoting use of standardized recipes, writing bid specifications for purchasing, setting up attractive serving lines, and merchandising promotions, as well as meeting other needs requested specifically by local schools. Sites will be selected on a first-come, first-served basis.

State agencies will play an important role in the project as they help to identify schools that can benefit from the free service. The technical assistance project is not a monitoring program. It is designed to provide assistance in meeting the nutrition goals of the initiative. Consultants who visit school sites will help school nutrition personnel in identifying problems and developing solutions. While on site, the consultants will work with personnel to develop action plans. NFSMI will provide follow-up assistance via the Help Desk.



## Recipe of the Month

The following recipe was taken from Team Nutrition's *Food, Family & Fun: A Seasonal Guide to Healthy Eating*. Turn to page 104 for ordering information.

# Quick Summer Fruit Shortcake



20 Minutes, Serves 4

Frozen or canned fruit can be used in this recipe, too!

- 1 pint strawberries, cleaned and hulled
- 1 cup grapes, seedless, cleaned and halved
- 2 each peaches, diced
- 3 Tbsp sugar
- 1/4 cup orange juice
- 4 slices angel food cake

1. The kids can help with this step. If using strawberries, quarter them first. Combine berries, grapes, peaches, sugar and orange juice in a large bowl. Mix well. Cover with plastic wrap; refrigerate for 20 minutes.
2. Kids put one slice of cake on each plate; then portion the fruit and juices from the bowl on top of each slice of cake. Serve.

### Nutrients per serving (1 serving)

Calories ..... 148  
Protein..... 2 g  
Carbohydrate..... 36 g  
Total Fat..... 0.4 g

Saturated Fat..... 0.1 g  
Cholesterol ..... 0 mg  
Vitamin A..... 27 RE  
Vitamin C ..... 9 mg

Iron ..... 3 mg  
Calcium..... 46 mg  
Sodium ..... 210 mg  
Dietary Fiber ..... 2 g

## Recipe of the Month

This recipe was developed for The School Lunch Challenge, the 1994 American Culinary Federation National Championship. Adjustments have been made by USDA for institutional use.

Turn to page 104 for more information on this resource.



# Raspberry Megabytes

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Margarine or butter	14 oz		1 lb., 12 oz	
Sugar	10 oz	1½ cups	1 lb., 4 oz	3 cups
Salt		1/2 tsp.		1 tsp.
Frozen whole eggs	1 lb.		2 lb.	
or				
Fresh large eggs		8 ea		16 ea
Lowfat milk	3 oz	3/8 cup	6 oz	3/4 cup
Vanilla	1 oz	2 Tbsp.	2 oz	1/4 cup
All-purpose flour	1 lb., 13 oz	1 qt, 2½ cups	3 lb., 10 oz	3 qt 1 cup
Granola	1 lb.,	1 qt	2 lb.	2 qt
Dates, pitted and diced	2 oz	8 ea	4 oz	16 ea
Raspberry jam	4 oz	1/2 cup	8 oz	1 cup

### Directions:

1. Mix margarine, sugar and salt in mixing bowl with a paddle attachment for 10 minutes at medium speed.
2. Slowly add eggs. Scrape down sides of mixing bowl. Slowly add milk and vanilla. Scrape from sides of mixing bowl.
3. Add flour. Mix for 1 minute. Scrape down sides of mixing bowl. Refrigerate dough for 30 minutes.
4. Toss granola and dates in separate bowl. Portion cookies using a No. 30 scoop into granola mixture to coat. Place on sheet pans, 25 per pan.
5. Make an indentation in the center of each cookie and fill with 1/2 tsp. of jam.
6. Bake in a 375°F conventional oven for 12 minutes or a 350°F convection oven for 8 minutes.

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## Raspberry Megabytes



**Serving:** 1 cookie (42 grams)

**Yield:** 50 servings: 4 lb., 6 oz (1960 grams)  
100 servings 8 lb., 12 oz (3920 grams)

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### Nutrients Per Serving

Calories . . . . .	157 kcal	Protein . . . . .	4 g	Carbohydrate . . . . .	26 g
Total Fat . . . . .	4.4 g	Saturated Fat . . . . .	.8 g	Cholesterol . . . . .	34 mg
Vitamin A . . . . .	545 IU	Vitamin C . . . . .	0 mg	Iron . . . . .	2.0 mg
Calcium . . . . .	41 mg	Sodium . . . . .	166 mg	Dietary Fiber . . . . .	1 g

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# Highlights & Resource Information

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## **National Water Quality Month**

Contact: Culligan International, One Culligan Parkway,  
Northbrook, IL 60062.

## **National Food Service Management Institute (NFSMI)**

Mission: To improve the quality and operation of the  
Child Nutrition Programs. Funded by Congress since  
1990-91. Contact: NFSMI Customer Service Help Desk: 1-  
800-321-3054.

